

The Torch Of Certainty

This collection of fifteen articles and talks by Tulku Thondup constitutes a manual on how to transmute the situations encountered in daily life, whether external or internal, into spiritual disciplines and experiences. Among the topics covered are: The fundamental principles of Buddhism. The practice of meditation as a means of arousing compassion. How suffering can become a more powerful tool than happiness in achieving enlightenment. The symbolic significance of holy places, temples, statues, books, and other spiritual artifacts. The preliminary practices of Tantra aren't a hurdle to be gotten through in order to get somewhere else; they're an extraordinarily rich collection of practices which have much to offer as a means of cultivating and maturing the practitioner's psychological ground. They can enable experiences to unfold, and they can clear the way when there seem to be problems or hindrances practitioners are struggling with. In *Preparing for Tantra*, Preece draws on his experience as a Tantric Buddhist practitioner, meditation teacher, and psychotherapist to explain how to make the preliminary practices psychologically meaningful and spiritually transformative. He examines each of the practices with an eye to revealing how they may be used to heal and transform psychological trauma and offers practical suggestions for integrating them into daily life—as well as ensuring that practitioners are prepared psychologically, emotionally, and energetically to start out safely on the tantric path. *Preparing for Tantra* is an accessible guidebook for engaging in ngondro, the preliminary practices that are done before engaging in a long tantric retreat. These practices are also powerful tools for purifying negativities and alleviating guilt, healing difficult experiences, and enriching our minds

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with goodness so that we will be able to progress in our Dharma practice and gain realizations of the path.

This book opens the way to a deeper knowledge of mahamudra, a Buddhist system of meditation on the nature of the mind. In providing a detailed commentary on the Vajra Song of the first Jamgandouml;n Kongtrandouml;l (1813and–1899), the author elucidates the stages of ground, path, and fruition for those who wish to meditate according to this system.

??ntideva’s eighth-century work, the Guide to Bodhisattva Practice (Bodhicary?vat?ra), is known for its eminently practical instructions and its psychologically vivid articulations of the Mah?y?na path. It is a powerful, succinct poem into which are woven diverse Buddhist traditions of moral transformation, meditative cultivation, and philosophical insight. Since its composition, it has seen continuous use as a ritual, contemplative, and philosophical manual, making it one of the crucial texts of the Buddhist ethical and philosophical tradition. This book serves as a companion to this Indian Buddhist classic. The fifteen essays contained here illuminate the Guide’s many philosophical, literary, ritual, and ethical dimensions.

Distinguished scholars discuss the historical significance of the text as an innovative piece of Indian literature, illuminate the important roles it played in shaping Buddhism in Tibet, and bring to light its contemporary significance for philosophy and psychology. Whether experienced or first-time students of Buddhist literature, readers will find compelling new approaches to this resonant masterpiece.

A mystery as dazzling as a hall of mirrors. A seductive, terrifying, all-too-real world. A beguiling, erotic literary adventure. Discover why readers everywhere are enthralled by this “marvelous confection of a book.”* In which the astonishing adventure to end all adventures

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continues—and the excitement doubles. Like every other honest man, an assassin has his reputation to consider. So it is with Cardinal Chang. A brutal killer with the heart of a poet, Chang is no longer able to trust those who hired him. Disconcerted, he sets out on the trail of a mystery like no other, in a city few have traveled to—featuring three unlikely heroes with a most intriguing bond. *Philadelphia Inquirer

In the present book, the author introduces the Tantric methods of Tibetan Buddhism and draws correlations between this practice and the teachings of Carl Jung. In a clear, concise style, Breaux points out how many psychological truths are woven into the fabric of the Tantric doctrine. The language of the Tantra is visionary--abounding in symbols and metaphors produced spontaneously in the meditations of ancient yogis. At the heart of tantra is the experience of a divine power within the human being that can be awakened. The format of the book begins in the root chakra and follows the path of your psychological and spiritual continuum up through the chakras. Each chapter includes a meditation practice employing Tibetan Tantric Deities and procedures. Although not a substitute for a genuine Tantric teacher, the book will enable readers to experience the tantra through suggested meditation. You enter the light within when you step outside of your own shadow. The basic drive to remember your essential nature surges beneath all your fears, desires and preconceptions. Although they approach this process from opposite sides of the world, both Tantra and Jungian psychology aspire to fathom this mysterious process and create the necessary conditions so spiritual transformation can occur.

Sustain and grow your family's capital throughout generations Families need to have vision and foresight to sustain the family's capital throughout generations. Unfortunately, many of

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them build wealth effectively but find, near the end of their lives, that it has little sustainability to prepare the next generations that will be the beneficiaries of their hard work. Passing the Torch teaches high net-worth families how to foster a strong family dynamic to be truly generational. Inside, first-generation wealth creators will learn how to create a culture of sustainability and growth and endow subsequent generations with the tools and mindset necessary to prosper. Subsequent generations will learn how to receive the torch, sustain and grow the family's capital and pass the torch to the next generation. • Discover the importance of emotional intelligence • Learn to view generational wealth from a behavioral lens • Transcend financial instruction to find a sense of purpose and direction • Map out your family's legacy Whether you're consulting an advisor or taking matters into your own hands, this is the essential reference you need to sustain wealth for generations to come.

"We finally have the definitive treatise on PyTorch! It covers the basics and abstractions in great detail. I hope this book becomes your extended reference document." —Soumith Chintala, co-creator of PyTorch

Key Features Written by PyTorch's creator and key contributors

- Develop deep learning models in a familiar Pythonic way
- Use PyTorch to build an image classifier for cancer detection
- Diagnose problems with your neural network and improve training with data augmentation

Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications.

About The Book Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands. Instantly familiar to anyone who knows Python data tools like NumPy and Scikit-learn, PyTorch simplifies deep learning without sacrificing advanced

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features. It's great for building quick models, and it scales smoothly from laptop to enterprise. Deep Learning with PyTorch teaches you to create deep learning and neural network systems with PyTorch. This practical book gets you to work right away building a tumor image classifier from scratch. After covering the basics, you'll learn best practices for the entire deep learning pipeline, tackling advanced projects as your PyTorch skills become more sophisticated. All code samples are easy to explore in downloadable Jupyter notebooks.

What You Will Learn

- Understanding deep learning data structures such as tensors and neural networks
- Best practices for the PyTorch Tensor API, loading data in Python, and visualizing results
- Implementing modules and loss functions
- Utilizing pretrained models from PyTorch Hub
- Methods for training networks with limited inputs
- Sifting through unreliable results to diagnose and fix problems in your neural network
- Improve your results with augmented data, better model architecture, and fine tuning

This Book Is Written For For Python programmers with an interest in machine learning. No experience with PyTorch or other deep learning frameworks is required.

About The Authors Eli Stevens has worked in Silicon Valley for the past 15 years as a software engineer, and the past 7 years as Chief Technical Officer of a startup making medical device software. Luca Antiga is co-founder and CEO of an AI engineering company located in Bergamo, Italy, and a regular contributor to PyTorch. Thomas Viehmann is a Machine Learning and PyTorch speciality trainer and consultant based in Munich, Germany and a PyTorch core developer.

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Jamgön Kongtrul Lodrö Taye presents the Zhije (Pacification) teachings of some of Tibet's most historically significant and influential teachers in this next volume of the Treasury of Precious Instructions series, Kongtrul's great collection of teachings from all of Tibet's Buddhist lineages. The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own. In this volume, Kongtrul presents a diverse corpus of texts from the Zhije (Pacification) tradition that trace especially to the South Indian master Dampa Sangye (d. 1117), whose teachings are also celebrated in the Chöd (Severance) tradition. It includes source scriptures by Dampa Sangye, empowerments by Lochen Dharmashr?, and guidance by Dampa Sangye, Lochen Dharmashr?, and Sönam Pal. Also included are lineage charts related to the transmission of Zhije teachings as well as detailed notes and an orientation to the texts by translator Sarah Harding.

Masters of Meditation and Miracles presents colorful biographies of thirty-five realized teachers

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whose lives were full of peace, enlightenment, and amazing miracles. They flourished in Tibet, the Roof of the World, in its golden days. These teachers belong to the Longchen Nyingthig lineage of the Nyingma school of Tibetan Buddhism, a cycle of mystical teachings revealed by the great scholar and adept Jigme Lingpa.

Pride and Prejudice gets remixed in this smart, funny, gorgeous retelling of the classic, starring all characters of color, from Ibi Zoboi, National Book Award finalist and author of American Street. Zuri Benitez has pride. Brooklyn pride, family pride, and pride in her Afro-Latino roots. But pride might not be enough to save her rapidly gentrifying neighborhood from becoming unrecognizable. When the wealthy Darcy family moves in across the street, Zuri wants nothing to do with their two teenage sons, even as her older sister, Janae, starts to fall for the charming Ainsley. She especially can't stand the judgmental and arrogant Darius. Yet as Zuri and Darius are forced to find common ground, their initial dislike shifts into an unexpected understanding. But with four wild sisters pulling her in different directions, cute boy Warren vying for her attention, and college applications hovering on the horizon, Zuri fights to find her place in Bushwick's changing landscape, or lose it all. In a timely update of Jane Austen's Pride and Prejudice, critically acclaimed author Ibi Zoboi skillfully balances cultural identity, class, and gentrification against the heady magic of first love in her vibrant reimagining of this beloved classic.

Tathagatagarbha -- Buddha Nature -- is a central concept of Mahayana Buddhism crucial to all the living practice traditions of Tibetan and Zen Buddhism. Its relationship to the concept of emptiness has been a subject of controversy for seven hundred years. Dr. Hookam's work investigates the divergent interpretations of these concepts and the way the Tibetan tradition is

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resolving them. In particular she does this with reference to the only surviving Indian commentary on the Tathagatagarbha doctrine, the Ratnagotravibhaga. This text addresses itself directly to the issue of how to relate the doctrine of emptiness (the illusory nature of the world) to that of the truly existing, changeless Absolute (the Buddha Nature). This is the first work by a Western writer to present an analysis of the Shentong tradition based on previously untranslated sources. The Shentong view rests on meditative experience that is inaccessible to the conceptualizing mind. It is deeply rooted in the sutra tradition of Indian Buddhism and is central to an understanding of the Mahamudra and Dzogchen traditions and Tantric practice among Kagyupas and Hyingmapas.

A masterwork of Tibetan Buddhism—providing the complete foundation for study and practice—from beginning to Buddhahood. Includes teachings on Buddha-nature, finding the spiritual master, impermanence, karma, cultivation of bodhicitta, development of the six perfections, the ten bodhisattva bhumis, Buddhahood, and the activities of the Buddha. The definitive companion guide to Patrul Rinpoche's Words of My Perfect Teacher, the classic text on Tibetan Buddhist practices and teachings This guide provides readers with essential background information for studying and practicing with Patrul Rinpoche's Words of My Perfect Teacher—the text that has, for more than a century, served as the reliable sourcebook to the spiritual practices common to all the major schools of Tibetan Buddhism. By offering chapter-by-chapter commentary on this renowned work, Khenpo Pelzang provides a fresh perspective on the role of the teacher; the stages of the path; the view of the Three Jewels; Madhyamika, the basis of transcendent wisdom; and much more.

This book surveys both the part women have played in Buddhism historically and what

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Buddhism might become in its post-patriarchal future. The author completes the Buddhist historical record by discussing women, usually absent from histories of Buddhism, and she provides the first feminist analysis of the major concepts found in Buddhist religion. Gross demonstrates that the core teachings of Buddhism promote gender equity rather than male dominance, despite the often sexist practices found in Buddhist institutions throughout history. The ngondro practices in Tibetan Buddhism establish the foundation for the entire Vajrayana path they are as fundamental to the practitioner's development as the alphabet is to the written language. Among the preliminaries of the various lineages, the Dudjom Tersar Ngondro of the Nyingma tradition is possibly the most concise.

“Dictionary, n: A malevolent literary device for cramping the growth of a language and making it hard and inelastic. This dictionary, however, is a most useful work.” Bierce's groundbreaking Devil's Dictionary had a complex publication history. Started in the mid-1800s as an irregular column in Californian newspapers under various titles, he gradually refined the new-at-the-time idea of an irreverent set of glossary-like definitions. The final name, as we see it titled in this work, did not appear until an 1881 column published in the periodical The San Francisco Illustrated Wasp. There were no publications of the complete glossary in the 1800s. Not until 1906 did a portion of Bierce's collection get published by Doubleday, under the name The Cynic's Word Book—the publisher not wanting to use the word “Devil” in the title, to the great disappointment of the author. The 1906 word book only went from A to L, however, and the remainder was never released under the compromised title. In 1911 the Devil's Dictionary as we know it was published in complete form as part of Bierce's collected works (volume 7 of 12), including the remainder of the definitions from M to Z. It has been republished a number of

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times, including more recent efforts where older definitions from his columns that never made it into the original book were included. Due to the complex nature of copyright, some of those found definitions have unclear public domain status and were not included. This edition of the book includes, however, a set of definitions attributed to his one-and-only “Demon’s Dictionary” column, including Bierce’s classic definition of A: “the first letter in every properly constructed alphabet.” Bierce enjoyed “quoting” his pseudonyms in his work. Most of the poetry, dramatic scenes and stories in this book attributed to others were self-authored and do not exist outside of this work. This includes the prolific Father Gassalasca Jape, whom he thanks in the preface—“jape” of course having the definition: “a practical joke.” This book is a product of its time and must be approached as such. Many of the definitions hold up well today, but some might be considered less palatable by modern readers. Regardless, the book’s humorous style is a valuable snapshot of American culture from past centuries. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

A superb collection of short fiction--her first in thirty years and spanning many geographies--from the critically acclaimed author of *Monkeys*, *Evening*, and *Thirty Girls*. A **NEW YORK TIMES NOTABLE BOOK**. A writer dryly catalogs the myriad reasons she cannot write; an artist bicycles through a protest encampment in lower Manhattan and ruminates on an elusive lover; an old woman on her deathbed calls out for a man other than her husband; a hapless fifteen-year-old boy finds himself in sexual peril; two young people in the 1990s fall helplessly in love, then bicker just as helplessly, tortured by jealousy and mistrust. In each of these stories Minot explores the difficult geometry of human relations, the lure of love and physical desire, and the lifelong quest for meaning and connection. Her characters are all

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searching for truth, in feeling and in action, as societal norms are upended and justice and coherence flounder. Urgent and immediate, precisely observed, deeply felt, and gorgeously written, the stories in *Why I Don't Write* showcase an author at the top of her form.

In Tibetan religious literature, Jamgön Kongtrül's *Treasury of Knowledge* in ten books stands out as a unique, encyclopedic masterpiece embodying the entire range of Buddhist teachings as they were preserved in Tibet. In his monumental *Treasury of Knowledge*, Jamgön Kongtrül presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. This first book of *The Treasury* which serves as a prelude to Kongtrul's survey describes four major cosmological systems found in the Tibetan tradition—those associated with the Hinayana, Mahayana, Kalachakra, and Dzogchen teachings. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

In the Nyingma School of Tibetan Buddhism, the Great Perfection is considered the most profound and direct path to enlightenment. The instructions of this tradition present a spiritual shortcut—a radically direct approach that cuts through confusion and lays bare the mind's true nature of luminous purity. For centuries, these teachings have been taught and practiced in secret by some of the greatest adepts of the Buddhist tradition. *Great Perfection: Outer and Inner Preliminaries* contains detailed instructions on the foundational practices of this tradition, from "The Excellent Chariot," a practice manual compiled by the Third Dzogchen Rinpoche. Distilling the teachings of the Heart Essence of the Dakinis into an accessible, easy-to-practice format, *The Excellent Chariot* leads the reader through the entire Buddhist path, starting with basic Buddhist contemplations that work to dislodge deeply ingrained patterns of thinking and

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behaving, and continuing on to the most advanced and secret meditative practices of the Great Perfection. The teachings in this volume are drawn largely from the writings of the great Nyingma master Longchenpa and the root texts of the Heart Essence of the Dakinis itself. The Third Dzogchen Rinpoche begins by discussing the correct way to study and practice the Great Perfection teachings before presenting an overview of the Great Perfection lineage and an explanation on the meaning and importance of empowerment. In the chapters that follow, he presents practical instructions on the outer and inner preliminaries, the so-called "ngöndro" practices. These practices enable the practitioner to transform and purify the mind, preparing it for the advanced Great Perfection meditation of Trekchö and Tögal, the breakthrough and direct leap. In addition to the translation mentioned above, Great Perfection: Outer and Inner Preliminaries contains a beautiful introduction by the Dzogchen Ponlop Rinpoche, a contemporary Great Perfection master, and an extensive glossary of key Great Perfection terminology.

Luminous Mind is a remarkable compilation of the oral and written teachings of the late Kalu Rinpoche - who was called "a beacon of inspiration" by the Dalai Lama. A master of meditation and leader of the Shangpu Kagyu school of Tibetan Buddhism, Kalu Rinpoche taught with an inviting, playful and lucid style that was just one natural manifestation of his own profound realization. The teachings presented in Luminous Mind are immediate and timeless. As the Dalai Lama notes in his foreword, Luminous Mind covers "the full range of Buddhist practice from the basic analysis of the nature of the mind up to its ultimate refinement in the teachings of Mahamudra." This anthology of Kalu Rinpoche's writings and oral teachings resonates with his wisdom and compassion. Comparing Kyabje Kalu Rinpoche with Milarepa, the greatest

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mediation master Tibet has ever known, His Holiness the Dalai Lama extols the author of Luminous Mind as a "beacon of inspiration" for spiritual practitioners of all traditions. Noting that "there have been few like him before or since," His Holiness urges us to delve into this remarkable anthology of the late Kalu Rinpoche's essential instructions so that we may encounter "the full range of Buddhist practice from the basic analysis of the nature of the mind up to its ultimate refinement in the teachings of Mahamudra." Drawn from both his lucid writings and his eloquent oral presentations, this unprecedented book lays bare the full grandeur of Kalu Rinpoche's legacy. At the same time, the gentle words and playful stories of this master of meditation are filled with a depth of clarity and warmth that could only arise from a profound realization of both wisdom and compassion.

Walk step by step through the stages of this tantric ritual of purification with inspired commentary and forty full-color illustrations. The force of our past actions makes it hard to attain our goals, including success in meditation. And so Buddhism has developed methods for purifying our past, clearing the obstacles to success and fulfillment. One of the most popular methods for karmic housekeeping, one common to all schools of Tibetan Buddhism, is the preparatory practice of visualizing the buddha Vajrasattva and reciting his hundred-syllable mantra. It is considered an essential foundation for the success of spiritual endeavor. The practice of Vajrasattva is often the first experience practitioners have of trying to perform tantric ritual. Combining prayers, visualizations, mantra recitations, and multiple styles of meditation, it can be hard for those who did not grow up in the tradition to know how to proceed. This friendly volume by a young Tibetan lama with many followers in China lays out the practice step by step accompanied by sixty color illustrations.

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A portrait of the Burmese activist minister and non-violence advocate describes the factors that contributed to her house arrest in 1989, her work to promote non-aggressive civil resistance, and her receipt of the Nobel Peace Prize in 1991.

Chapel Hill college student Maria finds herself in a predicament—unexpectedly pregnant at nineteen. Still reeling from the fresh discovery of her mother's diagnosis with cancer, Maria's decision to give her daughter up for adoption is one that seems to be in everyone's best interest, especially when it comes to light that the child's father hasn't exactly been faithful to her following the birth of her daughter. So when her mother proposes an extended trip to sleepy coastal town Beaufort—the same town that the adoptive couple Maria chose for her daughter just happens to live in—Maria jumps at the chance to escape. Perhaps not surprisingly, Maria finds herself listless and bored soon after her arrival in Beaufort, and a summer job seems like a cure. She has kept close watch on the couple she chose to adopt her daughter—they live mere blocks away—and, as opportunity demands, she accepts a position as their nanny. Maria ingratiates herself into the family—hesitantly, at first, and then with all the confused and chaotic fervor of a mother separated from her child. *In Every Way* is a heartfelt novel that brings to light the unknowing destruction that heartache can manifest, and brims with the redemptive power of new.

By offering detailed instruction and friendly, inspiring advice for those embarking on the Tibetan Buddhist foundation practices, Yongey Mingyur Rinpoche provides gentle yet thorough commentary, companionship, and inspiration for committing to the Vajrayana path.

In 2003, Tibetan lama Phakyab Rinpoche was admitted to the emergency clinic of the Program for Survivors of Torture at Manhattan's Bellevue Hospital. After a dramatic escape from

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imprisonment in China, at the hands of authorities bent on uprooting Tibet's traditional religion and culture, his ordeal had left him with life-threatening injuries, including gangrene of the right ankle. American doctors gave Rinpoche a shocking choice: accept leg amputation or risk a slow, painful death. An inner voice, however, prompted him to try an unconventional cure: meditation. He began an intensive spiritual routine that included thousands of hours of meditation over three years in a small Brooklyn studio. Against all scientific logic, his injuries gradually healed. In this vivid, passionate account, Sofia Stril-Rever relates the extraordinary experiences of Phakya Rinpoche, who reveals the secret of the great healing powers that lie dormant within each of us.

In *The Small Golden Key*, Thinley Norbu Rinpoche explains in simple, concise language the important ideas and practices of Buddhism, with special attention to the Vajrayana teachings of Tibetan Buddhism. He discusses the origins of Buddhism in India and its spread to Tibet; the important lineages of Tibetan Buddhism, with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings; the outstanding features of the Mahayana; and some of the special qualities and practices of the Vajrayana. What would be the practical implications of caring more about others than about yourself? This is the radical theme of this extraordinary set of instructions, a training manual composed in the fourteenth century by the Buddhist hermit Ngulchu Thogme, here explained in detail by one of the great Tibetan Buddhist masters of the twentieth century, Dilgo Khyentse. In the Mahayana tradition, those who have the courage to undertake the profound change of attitude required to develop true compassion are called bodhisattvas. Their great resolve—to consider others' needs as paramount, and thus to attain enlightenment for the sake of all living

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creatures—carries them beyond the limits imposed by the illusions of "I" and "mine," culminating in the direct realization of reality, transcending dualistic notions of self and other. This classic text presents ways that we can work with our own hearts and minds, starting wherever we find ourselves now, to unravel our small-minded preoccupations and discover our own potential for compassion, love, and wisdom. Many generations of Buddhist practitioners have been inspired by these teachings, and the great masters of all traditions have written numerous commentaries. Dilgo Khyentse's commentary is probably his most extensive recorded teaching on Mahayana practice. For more information about the author, Dilgo Khyentse, visit his website at www.shechen.org.

One of the most important reference works in Tibetan Buddhism, translated into English in an ambitious, multi-year group project. This volume is a rich collection of personal teachings on tantric meditation that speak directly to the concerns of practitioners.

How companies can adapt in an era of continuous disruption: a guide to responding to such acute crises as COVID-19. When COVID-19 hit, businesses had to respond almost instantaneously--shifting employees to remote work, repairing broken supply chains, keeping pace with dramatically fluctuating customer demand. They were forced to adapt to a confluence of multiple disruptions inextricably linked to a longer-term, ongoing digital disruption. This book shows that companies that use disruption as an opportunity for innovation emerge from it stronger. Companies that merely attempt to "weather the storm" until things go back to normal (or the next normal), on the other hand, miss an opportunity to thrive. The authors, all experts on business and technology strategy, show that transformation is not a one-and-done event, but a continuous process of adapting to a volatile and uncertain

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environment. Drawing on five years of research into digital disruption--including a series of interviews with business leaders conducted during the COVID-19 crisis--they offer a framework for understanding disruption and tools for navigating it. They outline the leadership traits, business principles, technological infrastructure, and organizational building blocks essential for adapting to disruption, with examples from real-world organizations. Technology, they remind readers, is not an end in itself, but enables the capabilities essential for surviving an uncertain future: nimbleness, scalability, stability, and optionality.

Buddhist representations of the cosmos across nearly two thousand years of history in Tibet, Nepal, and India show that cosmology is a rich language for the expression of diverse religious ideas, with cosmological thinking at the center of Buddhist thought, art, and practice.

In *Creating the Universe*, Eric Huntington presents examples of visual art and architecture, primary texts, ritual ideologies, and material practices accompanied by extensive explanatory diagrams to reveal the immense complexity of cosmological thinking in Himalayan Buddhism. Employing comparisons across function, medium, culture, and history, he exposes cosmology as a fundamental mode of engagement with numerous aspects of religion, from preliminary lessons to the highest rituals for enlightenment. This wide-ranging work will interest scholars and students of many fields, including Buddhist studies, religious studies, art history, and area studies.

Leaving home to live at Indian Residential School was an inevitable event for young Bea Silver, a Sto: lo girl in Sumas. Attendance was compulsory for native children like her and her many older siblings who had already been attending since before she was born. They never talked about the school, but her brothers prepared her for it when they taught her boxing! Bea

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tells what it was like. Her memoir begins before school: a childhood in a small Indian Reserve, first surrounding the reader with her loving family. Many children in Beatrice's generation were taken from home too young to be able to later recall that safety and certainty. This story allows the reader to walk in the little shoes of a girl who survived the infamous school. She did so by sheer force of will, generated by confidence in the love of her family and the strength of her seven-year-old identity.

This tantra, The Circle of Total Illumination, is a definitive expression of the apex view of Dzogchen. It presents a view that translates existentially into the Great Perfection. It is a root tantra, an explanatory tantra, a text that is the key to all other Nyingma Dzogchen tantras. It is definitive also in that it presents the nondual nature of mind just as it is, in our hearts, without any prevarication. Keith Dowman has again brought an exceptional vital text to the attention of lovers of Dzogchen, a text that in its very secrecy teaches the essence of the Nyingma tantras. Dzogchen is the very essence of the lamas' dharma; and the core of Dzogchen is to be found in the Nyingma atiyoga tantras. It can provide initiatory ambrosia, relaxing into a circle of total illumination. Cradled in the Vajrayana, this Dzogchen tantra is like the Garuda that flies immediately it hatches - we are immediately initiated into the spaciousness of Dzogchen. Everything Is Light, with The Circle of Total Illumination at its core, is an essential guide to experiential

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understanding of the apex Dzogchen tantras. It is the open sesame to the jewels in the treasure cave of Dzogchen atiyoga. It is the thread that brings the mind out of the labyrinth of tantric dialectic and recursive mind games. It is a tantra for our time, that can be approached not as an alien literary artefact excavated from a time bubble, but with our own cultural and personal existential reference points. In Keith Dowman's brilliant translation, an essential Dzogchen tantra is presented through a revitalized and poetic language, which is accessible to the layman while maintaining the visionary integrity of the precepts. He has replaced the tired jargon of academic Buddhism with a vital vocabulary that we can all appreciate. Further, the Tibetan-English, English-Tibetan and Numeral Glossaries are invaluable tools for anyone reading the Dzogchen tantras with the original language in mind. These equivalencies should become standard for translators of the tantras. Publication of this text will surely raise the hackles of timorous critics who would maintain the principle of traditional secrecy, keeping the text to themselves and their conventional institutions, regardless of the crying need for its meaning and value within a larger social context. To a more generous audience, the principle of self-secrecy allows revelation of self-evident meaning to anyone who is karmically prepared. As the tantra portrays itself, 'This reality-text was spoken to to carry us over the ocean of samsara; to untie the knot of

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conflicting emotion; to dispel intellectual doubt; and to give us meaning and purpose. It severs the vicious circle of rebirth, establishes us in sublime vision, leads us onto the supreme path of freedom, bestows authority through vision, conveys the meaning of all secret precepts, and establishes the value of the eight lower approaches.' 'We are now going to expound the key to all the tantras: The Circle of Total Illumination, which is an elucidation of the terminology of the Great Perfection, providing pith instruction on all approaches to enlightenment, the crux of all lineal transmissions, and the key points of all secret pith precept.' 'It is a verbal lamp, a circle of total illumination, shedding its golden light of ultimate significance upon all tantra. As the ultimate key, may it unlock their hidden meaning, so that the retinue and future followers can read them and understand them.' This is a great garuda of a tantra that glides effortlessly and compassionately across the vast vault of mind's nature. Bhaka Tulku Pema Rikdzin. My wish is that this work brings great benefit to all Dzogchen Practitioners. CG Namkhai Norbu

Do you practise meditation because you want to feel good? Or to help you relax and be "happy"? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma. Genuine spiritual practice, not least the Ngöndro preliminaries, will not bring the

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kind of comfort and ease most worldly people crave. Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngöndro practice is a must, and Not for Happiness your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about: • developing "renunciation mind" • discipline, meditation and wisdom • using your imagination in visualization practice • why you need a guru

This translation of a fundamental Tantric text reveals the richness and profundity of the intellectual and contemplative traditions of Tibetan Buddhism. The text describes the Four Foundation Practices that all practitioners of Vajrayana Buddhism must complete. The nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru are among the subjects treated in this book. Three eminent contemporary Tibetan Buddhist masters-- Kalu Rinpoche, Deshung Rinpoche, and Chö gyam Trungpa Rinpoche-- explain the significance of "The Torch of Certainty" for modern-day students and practitioners of Tibetan Buddhism.

A young Mexican woman adrift in post-unification Berlin encounters romance, violence, and revelation in this "stirring and lyrical first novel" (Paul Auster, award-winning author and filmmaker). Having escaped her overbearing family in Mexico, Tatiana settles in the newly reunified city of Berlin, where she hopes to

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cultivate a life of solitude. But when she takes a job transcribing notes for the reclusive historian, Doktor Weiss, Tatiana's simple life becomes more complex—and more perilous. Through Weiss, she meets a young meteorologist who, as a child in East Germany, took solace in the sky's constant shape-shifting, an antidote to his grim and unchanging reality. As their three conflicting worlds begin to merge, the tension culminates in an act of violence that will leave none of them untouched. Unfolding with the logic of a dream, *Book of Clouds* is both “a stunningly accurate portrait of Berlin” and a beautiful exploration of the myths we cling to in order to give our lives meaning. From a crowded U-Bahn where Hitler appears dressed as an old woman to an underground Gestapo bowling alley whose walls bear score marks from games long settled, Chloe Aridjis guides us through layers of history with wit and compassion, blurring the lines between real and imagined. Her debut novel is “required reading of the most pleasurable sort” (*The New York Times*). Named one of the 10 Best Books Set in Berlin by *The Guardian*.

A favorite of Tibetans and recommended by the Dalai Lama and other senior Buddhist teachers, this practical guide to inner transformation introduces the fundamental spiritual practices common to all Tibetan Buddhist traditions. *The Words of My Perfect Teacher* is the classic commentary on the preliminary

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practices of the Longchen Nyingtig--one of the best-known cycles of teachings and a spiritual treasure of the Nyingmapa school--the oldest Tibetan Buddhist tradition. Patrul Rinpoche makes the technicalities of his subject accessible through a wealth of stories, quotations, and references to everyday life. His style of mixing broad colloquialisms, stringent irony, and poetry has all the life and atmosphere of an oral teaching. Great care has been taken by the translators to render the precise meaning of the text in English while still reflecting the vigor and insight of the original Tibetan. A preface by His Holiness the Dalai Lama, insightful introductory essays, explanatory notes, and classic illustrations enhance this quintessential introduction to Tibetan Buddhist practice. This new edition includes translations of a postface to the text written a century ago (for the first printed edition in Tibetan) by the first Jamgon Kongtrul Rinpoche, and a new preface by the late Dilgo Khyentse Rinpoche. The notes, glossary and bibliography have been expanded and updated, Sanskrit names and terminology have been given their proper transliterated form, and the illustrations have been improved in quality and supplemented with new material. This translation of a fundamental Tantric text reveals the richness and profundity of the intellectual and contemplative traditions of Tibetan Buddhism. The text describes the Four Foundation Practices that all practitioners of Vajrayana

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